



— State of —  
**North Dakota**  
*Office of the Governor*  
John Hoeven  
*Governor*

PROCLAMATION  
**5 + 5 MONTH**  
SEPTEMBER 2005

**WHEREAS**, diets rich in fruits and vegetables may reduce the risk of chronic diseases such as cancer, diabetes, heart disease and stroke, while helping to decrease the number of adults and children who are overweight or obese; and

**WHEREAS**, eating five to nine servings of fruits and vegetables each day leads to better health; and

**WHEREAS**, regular physical activity five days a week for 30 minutes a day improves health, reduces the risk of developing diabetes and high blood pressure, helps maintain weight and promotes psychological well-being; and

**WHEREAS**, communities across the state are being recognized as *5 + 5 Communities* by implementing plans to improve the health of their citizens through nutrition and physical activity programs; and

**WHEREAS**, North Dakotans are encouraged to follow the example of the recognized *5 + 5 Communities* that are leading the way to a Healthy North Dakota by promoting physical activity and healthy diets rich in fruits and vegetables; and

**NOW, THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim September 2005, **5 + 5 MONTH** in the state of North Dakota.

/s/  
John Hoeven  
Governor

Attest:

/s/  
Alvin A. Jaeger  
Secretary of State